

Case Assignment

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### Abstract

This paper is a proposed survey design to examine behavioral patterns and coping strategies linked to relapse and sustained recovery between individuals in addiction recovery programs. This paper focuses on a study to explore how emotional stressors might influence relapse risk and to identify coping skills commonly used to manage cravings. A self-administered survey method to collect data from individuals in recovery settings, including outpatient clinics, rehabilitation centers, and peer support groups. In this paper, I discuss ethical considerations such as informed consent and confidential participation which are addressed to ensure the protection of participants. Also strategies to minimize response bias and improve data quality. The proposed design shows accessibility and privacy through an online survey to support reliable responses. This paper aims to contribute to the existing research by identifying behavioral patterns that might help future prevention strategies and recovery support services.

### **Survey Purpose**

The purpose of this survey is to study behavioral patterns in individuals in addiction recovery. For example, some individuals might relapse during stressful life events or exposed to environments connected to past substance use, which can make these patterns important to understand (Zimmerman, 2024). Addiction recovery is a long process influenced by mental health, social, and environmental factors. For example, a lack of social support or high stress levels may increase the risk of relapse (AAPOR, n.d.). Understanding these patterns is important for improving recovery support and long-term recovery success. For example, identifying common relapse triggers can help treatment programs to create better coping strategies for participants (Zimmerman, 2024). People in recovery may be more likely to relapse during stress, isolation, or exposure to past substance use environments, which can show show patterns must be carefully studied (Zimmerman, 2024). Research has studied relapse prevention, emotions, and treatment engagement in addiction recovery (Anthony et al, 2025). For example, studies show that emotional regulation plays an important role in maintaining sobriety. However, there is still limited understanding of how people report behaviors using self-administered surveys. For example, participants may describe cravings differently depending on how questions are written or understood (Zimmerman, 2024). Self-administered surveys can

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help people answer more honestly about addiction and relapse (Anthony et al, 2025). For example, someone may feel safer reporting relapse behavior anonymously with an online survey. The main focus is to examine behavioral patterns and coping strategies in addiction recovery. For example, examining how stress or emotional triggers may influence relapse or long-term recovery success (AAPOR, n.d.). The main research question is: What behavioral patterns and coping strategies are commonly linked to relapse and sustained recovery within individuals in addiction recovery programs? Additional sub-questions include: How do emotional stressors influence relapse risk? What coping strategies are mostly used to manage cravings? Overall, these questions focus on contributing to the existing research by identifying patterns that can help prevention strategies and recovery support support (AAPOR, n.d.).

### **Population**

The target population for this study is adults in addiction recovery programs. For example, this can include individuals in outpatient treatment centers, residential rehabilitation, or community recovery support groups (Zimmerman, 2024). This group is appropriate because they have direct experience with recovery and relapse behaviors. For example, individuals in treatment programs may face cravings regularly and have stressors that influence the recovery process (Anthony et al, 2025). This population might include people with substance use histories and backgrounds. For example, some

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participants might be recovering from alcohol use, while some may be recovering from opioid or stimulant use (AAPOR, n.d.). Recovery experiences can differ based on age, support systems, and environment (Ponto, 2015). For example, younger individual might rely on peer support and older individuals might depend on structured treatment programs (Zimmerman, 2024). Overall, defining the population improves the accuracy of the findings. For example, a defined group can help researchers to understand which recovery patterns apply across similar treatment settings (AAPOR, n.d.).

### **Sampling Frame**

The sampling frame is a group of the individuals that can be accessed from the larger population of people in addiction recovery. For example, this can include individuals that are currently enrolled in outpatient or residential addiction recovery programs (AAPOR, n.d.). Participants will be recruited from addiction recovery programs and treatment centers. For example, this can include clinics, rehabilitation facilities, or community-based recovery. The group is a smaller part of a large population of individuals in recovery. For example, participants can be selected from specific treatment programs which are easier to access for researchers (AAPOR, n.d.). Accessing this group requires ethical approval and permissions. For example, researchers might need approval from treatment centers before having participants complete the survey (AAPOR, n.d.). Overall, researchers need approval from program administrators and in

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some cases, an Institutional Review Board (IRB). For example, a treatment center might require permission before participants can be a part of the survey study (Zimmerman, 2024). Participation is voluntary and informed consent is required for participants to understand their rights during the study (Zimmerman, 2024). Confidentiality must be maintained to protect participants' information, especially with addiction recovery (AAPOR, n.d.). For example, surveys should not include identifying details or names. Surveys should be stored securely to prevent unauthorized access. For example, data can be stored in password protected systems to prevent access that is not authorized. This helps to ensure ethical compliance and encourages participation and honest reporting (AAPOR, n.d.).

## **Reduce Error**

Reducing error is important for accurate and reliable survey results. For example, unclear questions or biased wording can lead to incorrect response and can affect the findings (AAPOR, n.d.). One common error is social desirability bias, where participants give answers they think they are suppose to respond with, instead of being honest (Zimmerman, 2024). For example, a participant might underreport substance use as a way of looking more successful in their recovery process. To reduce this bias, the survey should be anonymous and self-administered (Anthony et al, 2025). For example, individuals might feel more comfortable reporting relapse or cravings when their identity

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is private and protected. Using neutral and clear wording can help reduce misunderstanding in survey questions (AAPOR, n.d.). For example, instead of asking “How often do you fail in recovery?” The survey can ask “How often have you experienced relapse?” Pilot testing can help identify any unclear questions before the survey is fully distributed to avoid potential issues (Zimmerman, 2024). For example, a small group of participants may complete the survey and provide feedback on confusing items first. Consistent survey procedures help reduce error and improve data quality (AAPOR, n.d.). For example, all participants should receive the same instructions and complete the survey under the same conditions. The strategies can improve the accuracy of the results (Zimmerman, 2024). For example, combining clear questions, confidentiality, and pilot testing can help produce reliable findings.

## **Survey Administration**

Survey administration is important especially how participants receive and complete surveys (AAPOR, n.d.). For example, surveys may be distributed online or completed on paper, which depends on the setting. This study will use a self-administered survey for participants to complete on their own without interviewer being present (Anthony et al, 2025). For example, participants may complete the questionnaire online at their convenient time. This method lets participants answer at their own pace and may improve topic response since topics are sensitive (Zimmerman, 2024). For example,

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individuals might feel more comfortable reporting their cravings or relapse behaviors privately. Reminders can be used to increase survey response rates (AAPOR, n.d.). For example, participants can receive a follow up email to encourage survey participation if they have not responded (Tourangeau et al, 2000). Overall, clear instructions and time estimates can help improve participation and reduce dropout (AAPOR, n.d.). For example, letting participants know that the survey takes about 10 minutes can encourage the person to complete the survey. Self-administered surveys are cost effective and can reach participants easily (Allen et al, 2025). For example, online surveys can be distributed in different treatment centers without requiring in-person staff. To ensure high response rates, there are several strategies to implement. This includes sending participants reminders, keeping the survey short, and communicating clearly on the purpose of the study. For example, participants may be more likely to complete the survey if they understand how this helps improve recovery support services. Providing incentives, such as small gift cards or entry into a raffle, can increase participation while allowing ethical standards (AAPOR, n.d.). Overall, self-administered online survey is useful for this research topic because it is private, cost-effective, and accessible. For example, this approach helps researchers to collect responses throughout different treatment facilities without requiring in-person contact. This helps gather data and behavioral patterns in addiction recovery, such as common triggers and coping strategies that support recovery long-term.



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### Conclusion

This study proposed a survey to examine behavioral patterns and coping strategies related to addiction recovery, relapse, and sustained sobriety. The research design shows the importance of understanding emotional triggers, stress responses, and coping skills that influence recovery. Overall, by using a self-administered survey method, the study aims to support participant privacy while allowing for efficient data collection across recovery populations. Ethical safeguards, including informed consent and confidentiality, are important components of the proposed methodology. Additionally, strategies to reduce bias and improve response rates were included to build an honest and reliable system for the findings. Overall, this research contributes to a better understanding of recovery processes and shows the importance of evidence-based perception to support individuals in addiction recovery programs.

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